

**MONTANA STATE PLAN & POLICY MANUAL**  
**CHAPTER EIGHT**

Policy Number: 8.2  
Montana WIC Approved Foods  
Effective Date: October 1, 2012

**Title:** Montana WIC Approved Foods

**Purpose**

To ensure that only foods approved by the Montana WIC Program will be issued with Montana WIC benefits.

**Authority**

7 CFR 246.10

**Policy**

Specific foods will be selected for use in the Montana WIC Program through review by a panel of individuals using evaluation criteria based on federal regulations, availability, packaging, cost, product acceptability, marketing approval and nutritive value. The current approved food list was effective 2010.

<b>Food Category</b>	<b>Food Item</b>	<b>Brand/Description</b>	<b>Details/Restrictions</b>
<b>Milk and Milk Substitute</b>	Cow's Milk	Store brand if available  Cow's Milk, various fat levels  Sweet Acidophilus, various fat levels  Lactose-reduced, various fat levels  Evaporated, various fat levels  Nonfat Dry  Organic, various fat levels	Type of milk will be specified on benefit
	Soy Beverage	Brand specific on benefit  8 <sup>th</sup> Continent Soymilk Beverage, Original Flavor  Pacific Natural Foods Ultra Soy Beverage Plain or Vanilla	½ gallon cartons, ultra-pasteurized refrigerated  Quarts, aseptic shelf-stable
	Goat Milk	Meyenberg brand only  Evaporated, whole  Fluid, fresh, 1% and whole	12 ounce size  Quart, refrigerated

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	Cheese	<u>Block</u> Store Brand, Cache Valley, Crystal Farms or Kraft:  Cheddar, Colby Colby-Monterey Jack Monterey Jack Mozzarella Swiss  <u>Cheese Sticks</u> Store Brand, Frigo/Cheese Head, Kraft or Precious:  Mozzarella or Cheddar	16 or 8 ounce package No organic  No cheese food, products, spread, cubed, shredded, sliced, flavor added (i.e. pepper jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles  16 ounce packages No organic
<b>Eggs</b>	Eggs	White, large size, grade "AA" or "A"	Sold in one dozen  No organic  No cage-free, brown, enhanced, free-range or specialty eggs
<b>Cereals</b>	Breakfast Cereal	<b>Cold Cereal</b> <u>Corn Flakes:</u> Essential Everyday/Albertson's, Flavorite, Great Value, IGA, Kellogg's, Kroger/Kroger Value, Our Family, Safeway and Western Family  <u>Corn Squares:</u> Essential Everyday/Albertson's, Flavorite, General Mills (Corn Chex), Great Value, IGA, Our Family, Safeway and Western Family  <u>Crispy Rice:</u> Essential Everyday/Albertson's, Flavorite, Great Value, IGA, Kellogg's (Rice Krispies), Kroger, Malt-O-Meal, Our Family, and Western Family	Cold cereals will be 12 ounce or larger package  No organic  Regular flavor unless specified

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		<p><u>Fiber Flake Cereals:</u> Enriched Bran Flakes—Essential Everyday/ Albertson's, Flavorite, General Mills (Wheaties Original and Total Original), Great Value, IGA, Kroger, Post (Bran Flakes) and Western Family</p> <p><u>Frosted Mini Wheat Biscuits:</u> Essential Everyday/Albertson's, Flavorite, Great Value, IGA, Kellogg's Original Flavor, Kroger, Malt-O-Meal, Our Family, Safeway and Western Family</p> <p><u>Oats and More (with Almonds, Cinnamon, Honey Roasted or Vanilla):</u> Essential Everyday/ Albertson's, Flavorite, IGA, Malt-O-Meal, Our Family, Post (Honey Bunches of Oats), Safeway and Western Family</p> <p><u>Rice Squares:</u> Essential Everyday/Albertson's, Flavorite, General Mills (Rice Chex), Great Value, IGA, Our Family, Safeway and Western Family</p> <p><u>Toasted Oat Rings:</u> (plain or multi-grain) Essential Everyday/Albertson's, Flavorite, General Mills (Cheerios), Great Value, IGA, Kroger, Our Family, Safeway and Western Family</p> <p><u>Wheat Squares:</u> General Mills (Wheat Chex), Great Value, Our Family, Safeway and Western Family</p>	<p>No low-carb or fruit added (i.e. Raisin Bran)</p> <p>No plain shredded wheat biscuits or flavored</p> <p>No sugar frosted, honey-nut, oat cluster, yogurt, flavored or fruit added</p>

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		<b>Hot Cereal</b> <u>Instant Oatmeal:</u> Essential Everyday/ Albertsons, Great Value, IGA, Kroger, Our Family, Safeway and Western Family  <u>Hot Wheat Cereal:</u> Cream of Wheat Regular, Cream of Wheat Whole Grain, Great Value Quick Farina, Malt-O-Meal Creamy or Original and Western Family	11-12 ounce boxes of regular individual packets  No organic No flavored or large/bulk packages  28 ounce box
<b>Whole Grain Choices</b>	Whole Wheat/Grain Bread	Franz 40 Calorie Per Slice Whole Wheat, Franz 100% Whole Wheat, Sara Lee Classic 100% Whole Wheat and Wonder Soft 100% Whole Wheat	16 ounce loaf
	Brown Rice	Regular, Instant or Quick	14-16 ounce box or bag  No organic
	Whole Wheat Tortillas	Don Pancho, Guerrero and Mission	16 ounce
	Soft Corn Tortillas	Don Pancho, White Corn; Guerrero, White Corn; La Burrita, Yellow Corn; Mission, Yellow Corn	16 ounce
<b>Juices</b>	Juice	<b>Plastic Bottle</b> <u>Apple:</u> Albertson's, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top and Western Family <u>Grape-purple:</u> Albertson's, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Safeway, Welch's and Western Family  <u>Grape-white:</u> Albertson's, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's and Western Family	64 ounce bottle  100% juice; no sugar added, no juice blends, drinks or cocktails  No organic or DHA

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<b>Legumes</b>	Peanut Butter	Store Brand, Adams, Jif, Peter Pan, or Skippy	16-18 ounce jar  Regular or Natural  Creamy, Chunky or Honey Roasted  No organic  No jelly, honey, chocolate, or marshmallow crème added; or reduced-fat peanut butter spread
	Beans, Peas and Lentils	Any Brand Dry beans, split peas or lentils  Any Brand Canned beans (legumes)	14-16 ounce package  14-16 ounce can  No organic  No soup mixes, flavorings or meat added, (i.e. pork and beans, refried beans) green or yellow beans
<b>Canned Fish</b>	Canned Fish	Any Brand Light Tuna, water pack, solid or chunk  Any Brand Pink Salmon, water pack	5-6 ounce cans No "diet" pack, white, or albacore  5-6 ounce or 14.75 ounce cans, may contain bones and skin; no red salmon  No organic
<b>Baby Food</b>	Baby Food Meat	Beech-nut or Gerber	2.5 ounce jar Single variety meat  No organic  No DHA added or dinners
	Baby Food Vegetables and Fruit	Beech-nut or Gerber	4 ounce jar Single variety vegetable or fruit  No organic  No DHA added, dinners, desserts, vegetable mixes or fruit mixes

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	Infant Cereal	Beech-nut or Gerber  Barley, Mixed Grain, Multigrain, Oatmeal, Rice or Whole Wheat	8 or 16 ounce container  No organic  No formula, flavoring, fruit or DHA added; jars or packs
<b>Infant Formula</b>	Infant Formula	Similac Advance (12.4 ounce powdered)  Similac Sensitive (12.6 ounce powdered)  Similac for Spit Up (12.3 ounce powdered)  Enfamil Prosobee (12.9 ounce powdered)	Concentrate 13 ounce size Ready- to-Feed 32 ounce size  Similac for Spit-Up is not available in concentrate  Other formulas available by prescription only.
<b>Fruit &amp; Vegetables</b>	Fruits & Vegetables	Any brand  Fruit, fresh  Vegetable, fresh and/or frozen	Up to dollar amount on benefit  May be organic  May be in bag, tub, or container; prepped, prepared or cut  Fresh salsa and garlic is allowable  No white potatoes (all types of potatoes except yams and sweet potatoes); no dried fruit, frozen fruit, canned fruit or canned vegetables; no spices, herbs, seasonings, sauces, dressings, croutons, nuts, meat, breading, pasta, rice, or other non-vegetable ingredient; no decorative items, deli, salad bar or party trays